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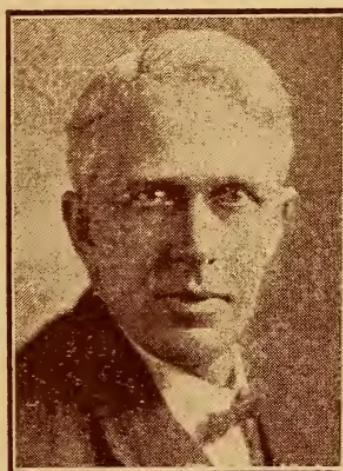
# CHARACTER READING

*and SELF-  
ANALYSIS*

A KEY TO THE MASTER SELF



# CHARACTER READING *and* SELF-ANALYSIS



By TASMAN CAREY

FOURTEEN ILLUSTRATIONS

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# LESSON 1.

## Constitutional Temperaments.

### Biological Types

Each individual is more or less "temperamental," and the physical constitution of the human body, though composed of the same elements, is differently proportioned in each one of us. When we wish to understand the temperament of an individual, it is necessary for us to recognize the proportions of the elements which enter into his constitution. This is quite easy, when we learn the physical signs of the biological types, as determined by the degree in which the temperamental elements of Fire, Water, Earth and Air are organized into the physical constitution.

#### 1.—THE FIRE TEMPERAMENT

Heat tends to expand, and the first impression we get of a person of the Fire Temperament is that he is a "hot head." The physical signs are seen in a red face, florid complexion, full, thick neck, width of shoulders, a high chest development, and a broad form.

#### Heat and Force

The vital system gives heat and force to the human life, and the people who manifest life in a most vigorous degree show in their physical forms a high development of the heart and blood system. Their heads are usually a little higher than the average, their faces are wider at the nose, between the ears, and across the cheek bones. The type of face tends to be hexagonal or kite-shaped in appearance.

In contrast, when you see a person with narrow, sloping shoulders, a thin neck, and bloodless face, you say, almost involuntarily, "What a poor fish," because you know he is too cold hearted and weak blooded to ever become heatedly excited or flushed with enthusiasm.

### Pep and Pluck

Persons of the Fire Temperament are characteristically sunny, sanguine and impulsive. They are usually enthusiastic and enterprising, and fond of outdoor life. They are emotional and impressionable, and at times excitable and high-tempered. Because of a high degree of affectability quickening the blood circulation, their faces often show heat and redness.

### The Dramatic Temperament

Even under the appearance of composure, persons of the Fire Temperament are often a little excited. Emotional appeals arouse them quickly, they thrill with emotion and are naturally dramatic and quickly responsive. But though they will flare up quickly, unless you give them something to sustain their heat and enthusiasm, they will cool down just as soon as they are left to themselves.

### Hot and Cold

Persons of the Fire Temperament are always sympathetic to emotional appeals. But under different impulses they cool quickly, and in their feelings they are often fickle and contradictory. They make the warmest of friends, they are often the most ardent lovers, and though sometimes they are outspoken, hot tempered and even quarrelsome, they are seldom implacable or cold-blooded.

Changeableness and fickleness are weaknesses of this temperament. To do business with them you must close

while they are responsive, for remember their enthusiasm will cool quickly, and that under new stimuli they will change and act as though they were different persons.

### Vocations For the Fire Temperament

The ready responsiveness of this temperament tends to win popularity, and it is usually magnetic and attractive. Public entertainment, dramatic art, business promotion, publicity and advertising, and occupations where people have to be popularly impressed, will provide careers for people of this temperament.

## 2.—THE WATER TEMPERAMENT

Water is the absorptive element of the human system, and when there is plenty of this fluid in the body, the physical form has an appearance of softness and roundness. In the early stages of life, many forms are adapted only for nutrition; they are merely water sacks or absorption cells.

In human life, there are some individuals whose stomachs are the predominating system. In them the absorptive, assimilative, and digestive functions are more developed and more exercised than any other processes.

### Round and Plump and Soft

The physical signs of the Water Temperament are recognized when the form approximates to a circle, in a body that shows plenty of fat and moisture. The complexion is more or less pallid, the limbs are round, plump, and slightly short in proportion to the trunk, and the elbows, wrists, knees, and shoulders are thickly padded with soft flesh. The shoulders are often sloping, and the hands and feet fleshy and podgy, with dimples where the knuckles ought to be. In men the largest part of the body is round the girth; in women, around the hips.

### **Comfort and Ease**

The fat, round person is not constructed for the strenuous life and is seldom a hard worker. But he is not easily upset. When he has to work, he performs his tasks easily and with as few movements as possible. He is usually patient, sure and deliberate, and is often slow and ponderous in his walk and movements.

### **Jolly and Popular**

Persons with the Round Form of the Water Temperament are usually good-natured and easy-going. They like to enjoy themselves, and they find delight in the pleasures of others. They seek the good things of life, and enjoy rich food; they like a comfortable car to ride in, a warm room, a soft bed, and others to wait on them. They do not like to be inconvenienced, and they are the last to make trouble. They are usually popular, they make the best of circumstances and seldom worry unnecessarily. They are good mixers, they are genial in disposition, and adapt themselves readily to their company.

### **Contented and Conservative**

Fat, round persons are not given to worrying about things outside of their own comfort. They endeavor to avoid all opposition and contentiousness, and they prefer to choose out and adapt themselves to the best conditions in their environment. They have little time and less support for the extreme radical or fad reformer; they prefer ease and comfort, and are generally contented enough to make the best of things.

### **Ailments of the Water Temperament**

Persons of the Round Form are usually well nourished. But when fresh air and exercise are neglected, they become dull and sluggish through the body getting

loaded with surplus matter not required for vital purposes. Pneumonia, diabetes, softening of the tissues, and hydrocephalus are the diseases most likely to attack persons who absorb more than they can digest and assimilate.

At the other extreme, those who substitute hollow or flat lines for the characteristic curves of the Water Temperament are usually dry-skinned and irritable, and naturally predisposed to suffer from dyspepsia and other complaints due to poor absorption and weak assimilation. The dry, harsh, or loose, wrinkled skin, the muddy complexion, the foul breath, the congested faeces, or poor depuration of the liver and kidneys, may be due to lack of moisture and insufficient water in the system.

### Vocations for the Water Temperament

Persons of the absorptive type and round form are seldom original; yet, because they make the best of their opportunities, they usually succeed, where more thoughtful but less adaptive minds fail. True to their temperamental instinct, they are prompted to store away food, clothing and household comforts, and they are adapted to succeed in the merchandising of goods. Cooking, catering, nursing, selling food and drinks, the management of cafes, restaurants and hotels, and businesses which purvey to the comforts and physical needs of others, are all in the class of occupations suited to persons who have the signs of the Water Temperament predominant.

### 3.—THE EARTH TEMPERAMENT

After the vitalization of matter, and its absorption by the water elements into globular cells, the solid or skeletal form of body is evolved. In this form type, mineral or earth elements are consolidated into bones, the

structure becomes more durable, and the body grows around the elongated shape of the skeleton.

The physical signs which indicate a predominance of the Earth Temperament are length and tallness of form, a strong, bony, angular frame, considerable length of limbs, prominent joints, an oblong face, and well-marked features.

### Rigid and Enduring

Persons with plenty of spine and backbone are firm and unyielding. The raw-boned people from northern latitudes show great hardihood and endurance, as well as the disposition to master difficulties by plodding perseverance. They are often stubborn, dogmatic, self-willed, headstrong, and obstinate.

Bony persons of the Earth Temperament are not easily swayed or changed, they are not easily impressed, and you cannot drive them, particularly if they think you are trying to. But they are the pioneers of the world, the men who "stand up" to the rigor of cold and hardship, and "live through" despite difficulties.

Persons of the long form are seldom brilliant; rather, they are plodding and persistent. It is the type that shows most pronouncedly length and angularity, both in body and feature, who is the most positive and unyielding in his disposition. Those without the physical signs of length and bodily stiffness are characters more or less vacillating and spineless.

"Bone in the body means bone in the head," just as too much fat in the body means something soft in the brain, and you need not expect to bend the bony man's mind any more easily than you can bend his body. You may readily affect the red-faced person; he will enthuse in response to your feelings; the fat man will yield to

your impressions if he can assimilate your ideas. But the bony man is different. He is hard-headed and difficult to change, but when once you have received his endorsement, he will stay "fixed" and constant for a long period.

### **Consistent and Persistent**

Persons of the bony type of the Earth Temperament are usually slow in anger, but they are about the only people who can stand up against great odds. They will persist in their opinions, and they can suffer ostracism, cruelty and disappointment without bending or breaking.

In love, war, business, marriage, social relationship, it is the people of the Earth Temperament who are the most consistent. To others they may seem stolid, but they do not intend to be. Their indifference is because they are less impressionable and not so sensitive to stimuli.

### **Power and Purpose**

The Osseous Type is inclined to be domineering and proud, he likes to have his own way, and he will go to great lengths to maintain his independence and pride. He is the most dependable when honest, and what he sets out to do he usually accomplishes. He often loves power, and is at times dictatorial and tyrannous in his authority. It is unwise to contradict or oppose him, as that will only arouse his persistence and stubbornness. His love of independence is strong, and sometimes you may arouse his positive tendencies by an appeal to his will or by a suggestion to his pride that makes him think he is having his own way.

### **The Bilious Dyspeptic**

The dark, livery complexioned, spare form, with a dry, inactive skin, indicating the dissatisfied disposition

of the bilious dyspeptic, is not to be confounded with the healthy osseous type. But persons of the Earth Temperament are liable to become attacked by diseases which affect the spine and joints. And they may suffer from rheumatism. But they are seldom liable to affections and diseases, and they are about the last to succumb to epidemics. They are in sickness, as in other things, slow to give way, but as a rule, they are slow to cure.

### Vocations for the Earth Sign

The physical element of this temperament is mineral, and they are naturally related to mining and agriculture. They work well with the land and forests, they are good explorers and missionaries, and when intellectual and educated, they succeed in scientific discoveries. Farming, stock-raising, lumbering, saw-milling, lighthouse-keeping, ship and bridge construction, are all occupations more or less suitable to persons of the Earth Temperament.

## 4.—THE AIR TEMPERAMENT

A human being may live several days without nourishment, but only a few minutes without air. Every movement of his muscles, from the use of his limbs down to the wrinkling of an eyelid, or to the minutest movement of a blood cell, requires the life-impelling energy of the air. And the type who most uses his muscles shows the highest development of the Air Temperament.

### The Sinuous Type

The first impression you get of the person of the Air Temperament is a suggestion of an elemental adaptation to motion. The body is sinuous, springy, agile, and well-knit, and the muscles are proportionately stronger and more highly developed than any other system. The form is usually slightly below medium height, and from that

down to short. There is usually a muscular neck, strong facial muscles, without much flabbiness or bone. All the movements are quick and decisive, and there is plenty of lift and swing in the walk.

### **Lean and Lithe**

There is nothing fat or lazy about this type, and their muscles are often so closely knitted and smoothly fitted that we do not always realize their activity. But the muscular person of the Air Temperament is seldom still, and whether he is engaged in work or play, this "lean meat" type will make more moves in the course of a day than any other type. He must have action, because the stimulus of air to the nerves of his muscles keep urging him from within to be busy in movement.

Never overlook the importance of the Air Temperament, for not one of us will act or carry out our plans unless we have a fair degree of muscularity. Lazy folk may give all kinds of reasons for their failures, and believe they are speaking the truth, but the real cause is often poor breathing and weak muscles, too flaccid for an ordinary degree of tensity and movement. It is the quick-breathing up-in-the-air "little monkey," (whether long-tailed or in knickers) that finds it so hard to sit still and refrain from getting into mischief.

### **Physical Gymnast and Mental Acrobat**

The person with the sinuous, cat-like body does not generally disclose all of his mental processes, for, just as he can keep control over his muscles, he usually succeeds in concealing his feelings and motives. His physical dexterity is often accompanied by a corresponding mental elasticity, and by the use of more than an ordinary degree of tact and adroitness.

In business he is inclined to be smart, alert and progressive. He likes efficiency and effectiveness, and demands the shortest and quickest methods.

### Vocations for the Air Temperament

The strongest characteristic of this temperament is its tendency to activity, particularly physical activity. The muscular, sinuous person loves motion, speed, activity, physical contest, and plenty of movement. He likes to work with electricity, fast-running machinery, high-powered cars, and everything which involves motion. He is often a born mechanic and inventor. Airplane construction and navigation are occupations particularly suited to his temperament. Athletes, football and baseball players, rowers, acrobats, and professional dancers are usually types who show the muscular system markedly developed.

### 5.—PHYSICAL AND MENTAL TYPES

The short, stocky body, with wide, square shoulders, standing firmly and solidly on short limbs, with a square face and head, is the typical physical worker. His body is built up of nearly equal proportions of the four temperaments. He has the broad form, high chest, big heart and strong circulation of the Fire Temperament; the deep stomach and heavy trunk of the Water Temperament; the heavy bones and powerful frame of the Earth Temperament; and the stocky, compact muscles of the Air Temperament. The powerful, stalwart workmen who dig ditches, tunnels, and tubes, and who do the heavy physical work of the world, as a rule, show an inferior or ordinary development of the brain and nervous system.

In the mental workers, the brain and nervous system is more highly developed than the physical elements of

the body. They are usually more frail and delicate in structure, and generally below medium height, as well as lighter in weight. The head is large in proportion to the body, and the face pear-shaped, with the small end down. Because the mind dominates their bodies, they live to plan, imagine, visualize, and think out the possibilities, probabilities and potentialities of existence. The thinker has the vision to see what the world needs, and every step in the political, social, individual, industrial, religious, and economic progress of man has been foreseen and anticipated by the men and women mentally evolved beyond their contemporaries. But in their day, they were often ridiculed, and even persecuted, and sometimes it has taken decades and even centuries before the value of their ideas has been fully appreciated or utilized.

## LESSON 2. Practical Physiognomy.

### 6.—COLOR AND COMPLEXION

Color is the great dividing line of the human races, and though there is every gradation of the yellow, red and brown in between, it is in the extremes of black and white that human beings are most distinctive and separate in their characteristics. Probably, the first of our modern races, who inhabited the tropics, were dark-skinned or black, and that the Brown, Red, Yellow, and White Races were evolved later. With corresponding changes of climate and environment, and, probably causal thereto, there was an inflow of an ascending intelligence and higher spiritual consciousness, so, that, side by side with his physical changes of color, man has manifested an evolutionary development of his emotional, intellectual and religious nature.

### **Blonds Quick and Restless**

The Blond is fair-complexioned, with light-colored hair, eyes and skin. Physically, he is inclined to be rapid and active, with a natural tendency to adventure into new undertakings. He is generally a good leader, and the blond races have been successful at organizing and colonizing.

The mentality of the Blond is objective; he is often less introspective and not so meditative as the Brunette. But he is more hopeful and enterprising. In his religion he tends to be enthusiastically vital, and in a way so realistic as to cause him to project his ideals into practical politics and every-day reforms. In his faults the Blond is often domineering, impulsive and foolhardy.

### **Brunettes Steady and Patient**

The Brunette is distinguished by dark coloring of his body, hair and eyes. Usually, the rate of his nervous vibration, as well as that of his respiration, digestion and circulation, is slower than that of the Blond. The Brunette tends to be more steadfast and enduring in his physical movements, and his mind is usually conservative and constant. In his religious manifestations, he is subjective and interior, and, according to his degree of spirituality, he is likely to be emotional, introspectively meditative, or ideally abstract.

## **7.—FINENESS AND COARSENESS OF TEXTURE**

Next to Color, the quality of the physical organization is most noticeable. From the spiritual to the animal, the fineness or coarseness of the bodily texture corresponds to souls in every degree of manifestation. In some persons everything is hard, rough, coarse and gross.

The form is rude, the facial features are disproportionate, the skin is coarse, and the hands are rough and unfit for delicate manipulations. In others, everything is reversed. All is symmetrical, fine, smooth and well finished. The skin is thin, and glows with every change of feeling, the features are finely chiseled, the hands are flexible, and every movement is easy and graceful.

### **Talks Through His Hide**

A person with fine organic quality differs in thought and feeling, in modes of worship, sentiment and artistic conception, and in all ways from those whose bodies are coarse in texture. Wanting in nervous susceptibility, the coarse individual refines nothing. From his dinner to his political addresses, he wants everything hot and strong. Weight and quantity appeal to him—a brass band, with flaming colors, arouses his attention,—but the person of finer fiber, sensitively desirous of the beautiful and delicate, shrinks from all that is coarse, noisy, or vulgar.

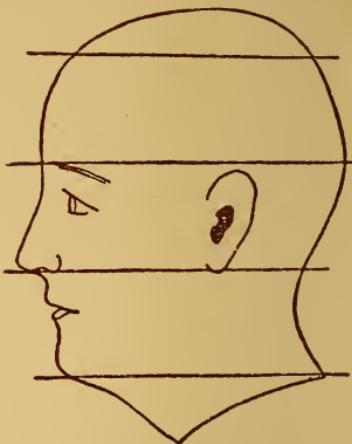
### **Slow Wits and Big Heads**

Mental alertness and physical activity are revealed by sharpness of outline and feature. A sharp, thin nose and well defined features signify mental and physical alertness, but dullness and mental obtusity are hidden behind expressionless, slow-moving eyes, that rest above the flattened nose spread out on the cheeks. A big head and large forehead, above flattened features and slow-moving eyes, suggest a brain piece without a "kick," a big dial plate without inside power to make it tick.

## **8.—FACE PROPORTIONS**

The three simple divisions, illustrated in the diagram,

are easily distinguished. The upper face will be considered largest, when the section of the face between the hair line and the forehead at the root of the nose is more than a third of the total face; the middle face will be the most pronounced when the greatest proportion is between the eyebrows and a line running immediately under the septum of the nose; and the lower face, when the chin and mouth, below where the nose joins the face, is of greatest size.



Face divided to show  
Forehead, Nose and Chin Sections.

#### Forehead Section and Intellectuality

The large upper face marks the intellectual type. Width of the forehead indicates the range of mental comprehension, the broad forehead accompanies the synthetic mind; whilst the length of the forehead in profile indicates an analytical tendency, and that there is depth and intensity to the understanding. But a narrow forehead denotes limited intellectual range, and a short, low forehead profile betokens corresponding mental shallowness.

#### Nose Section and Material Interests

The large middle section of the face indicates a strong disposition to seek the material things of life, and a character that has the energy to push the interests of "number one." Great width of the upper jaw and prominent cheek bones are the significant marks of executive, combative, and aggressive natures; but narrow mid-faces and deficient nose form are met only in those whose characters are tame and listless.

## Chin Section and Tenacity

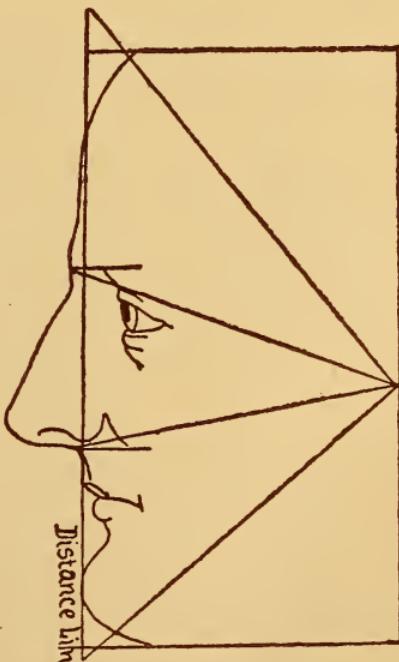
The large lower face expresses strong desires to accomplish its owner's will; the width of the chin indicates the strength and tenacity of the feelings, and the depth of the chin, the intensity and persistency of the desires.

Broad strong chins belong to persons of a positive, dominant character, but small, weak lower faces are seen most frequently with those who are purposeless and without tenacity of instinct.

## 9.—ANGLES AND PROFILES

Three angles of thirty degrees measure the face; the first angle measures the forehead or upper face; the second, the nose or middle face; and the third, the mouth and chin, or lower face. These imaginary angles will prove of much value in enabling the student to estimate the degree of departure from correct proportions.

A profile, with the forehead and lips touching a vertical line is considered representative of the greatest beauty of form and the highest intelligence. But this ideal type is usually departed from, and the facial line generally slopes either a little forward or backward.



Angles proportioning face from  
Opening of Ears.

### **Receding Angles**

When the facial line falls back at the top, owing to a deficient and receding forehead, the power of reasoning will be possessed in a limited degree only.

### **Protruding Angles**

A bulging upper forehead, throwing the facial line forward at the top, signifies a mental disposition to reason profoundly from assumed premises, but without much consideration of fact.

### **The Convex Profile**

When the middle region is most prominent, and the facial line in profile is shaped like the outer edge of a segment of a circle, we have the significant indication of aggressive energy.

In this convex profile, the nose is the most prominent feature of the face. The mouth usually protrudes and the lower forehead is well projected.

But the chin is not so prominent. This prominence of the middle face is characteristic of persons positive and active, and noted for their push, vim, and driving power.



Convexity applies to each feature of the face, as well as to the profile. In the diagram, the sharp, lower forehead, indicates one who thinks quickly, who dislikes theories, and is practically minded. The nose shows that he would act ener-

getically, and the mouth that he would speak impulsively. The receding chin line suggests lack of tenacity and persistence.

### The Concave Profile

This profile is just the opposite to the Convex. The general contour is hollow, or moon-shaped, and might be drawn on the inside of a circle. The forehead is prominent next to the hair line and flat at the brows, the mouth is hollow, and the nose is short, low in the bridge, and curved inward from root to tip.

This hollow curved profile belongs to persons who think and act slowly and deliberately, and who are usually patient, plodding, enduring and deliberate in their undertakings. They are not so aggressive as the Convex Profile person, though they often gain their ends by being more tactful and diplomatic, and by using greater planning power.



In the diagram, the fuller upper forehead illustrates the mentality that thinks slowly and carefully, and studies theories and philosophy. The short nose shows the disposition to act slowly, and the hollow mouth to speak restrainedly. But the strong chin suggests instinctive tenacity and purposeful determination.

### The Face Line

The face line, or line of distance, is an imaginary vertical line drawn from the chin to the forehead. The farther forward this line, or the greater its distance from the opening of the ears, is an indication of the degree in which the mind and character are evolved. Just notice how flattened and shortened back towards the ears, is this frontal face line in the Asiatic baby and children of the lower races. (See diagram, page 17.)

## **10.—THE PSYCHOLOGY OF EXPRESSION**

Though we are told "not to judge a book by its covers," all of us are impressed, more or less, by the outward appearance of persons. Of course, the manner of dress, walk, carriage and deportment may be assumed, but, if we study closely, we can detect the difference between the assumption of an artificial personality and an appearance that is habitual. We wear "tall clothes" when we feel "big;" when we are repressed and rebuffed we feel small enough to "crawl into our shoes."

### **Concentric and Excentric Muscles**

Feelings and emotions of pleasure, pride, aggression, assertion, benevolence, kindness, love, courage, and friendliness are mainly excentric. Emotions and feelings of humiliation, denial, negation, stinginess and fear are mainly concentric in their expression. Thus, by contraction and relaxation under the impulse of the feelings, the network of muscles covering the face is continuously wrinkling the skin, and just as the emotions are repeated, and become habitual, they are permanently expressed by corresponding lines of the face.

The contrasted feelings of pleasure and pain are expressed by two well-defined classes of facial muscles; the wrinkles that droop and contract show pain, while pleasure is expressed in the lines which expand and curve outward and upward.

### **Lines and Wrinkles**

Age and work stamp crow's feet under the eyes; study and mental labor write lines upon the expressive brow; sickness slowly and surely cuts seams in the face; avarice dries up and shrivels the skin; and hate draws down the lower lip and hideously exposes the canine teeth. Hope elevates the curves of the mouth; mirth-

fulness wreathes the lips with smiles, and happy laughter leaves its bright footprints in lines running upward and outward from the corners of the mouth.

Emotions of rage and anger contract and droop the eyebrow muscle, and give to the face a frowning, lowering expression. Depressed brows and indrawn facial lines express a disposition habitually severe and discontented.

Sneering contracts the muscles in the center of the face, wrinkles the side of the nose, and makes furrows from above the outer wings of the nostrils down to the upper lip. A pronounced line running down from the nostrils, especially when accompanied by smaller lines on the wings of the nose, indicates a mind sneeringly contemptuous of the attainments and weaknesses of others.

Under feelings of disappointment, the corners of the mouth are drawn downward. Small, well-marked lines, running from below depressed corners of the lips signify a gloomy, morose disposition.

### Subconscious Suggestion

Facial and muscular expression are so closely allied that when we assume an expression outwardly, at the same time, we induce in our consciousness its allied emotion. Thus it is impossible to express any one feeling and at the same time call up in our consciousness a different one. From this we understand the importance of cultivating just those outward expressions which correspond to desirable mental states and emotions. Should we wish to conquer any undesirable mental state or emotion we must assiduously assume and patiently cultivate the opposite outward movements which correspond to contrary and more desirable dispositions.

When we understand this law, "whistling to keep up courage" becomes something more than a figure of speech, and the opposite is just as true. If we mope all day with a grouch, and sigh and think dismally, then our looks as well as our feelings must express melancholy. But smooth the brow, brighten the eye, and expand the facial muscles which express hope and mirth, and our thoughts will at once become genial, cheerful and more entertaining.

### 11.—THE LOWER JAW AND CHIN

"Broad in the jaw, and narrow in the head," is an old description of the boasting person that contrasts in his nature physical courage and moral weakness. And "all jaw like a sheep's head" describes the nature of those with narrow extended jaws, who talk or bleat without doing anything. Contrast the shallow jaws of the sheep with the deep, square jaws of the bulldog. In the sheep there is room for ample tongue, but not for the deep-set teeth, which in the bulldog enables him to fight and execute.

The line of the jawbone, from the point of the chin to the angle of the jaw, should arch downward and outward, and the more prominence and squareness there is in between, the stronger and more tenacious will be the propensities of the natural instincts. A weak character, lacking in both will power and physical courage, is revealed in the jawbone which hollows between the point of the chin and narrow or sloping angles of the jaw bone.

#### The Aggressive Chin

Defiance thrusts forward the lower jaw, determination firmly closes the jaw, and rage grits and bites in the teeth. By the contraction of the lower face muscles the ball of the chin is drawn upward, so that the force of the

will and the aggressiveness of the fighting instinct are often shown, quite unconsciously, by the tensity of our chin muscles and the manner in which we thrust the chin upward and forward.

### The Chin and the Instincts

The strength of the passions and instincts is indicated by the development of the chin. The intensity of the instincts is denoted by the depth and forward projection of the chin; whilst the wideness and expansion of the chin correspond to the tenacity and stability of the natural propensities.

### 12.—THE MOUTH AND LIPS

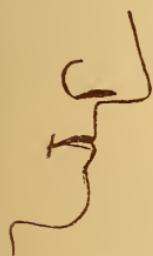
There is no feature so eloquent in expression as the mouth. The eyes may express more soulfulness, but it is the mouth and lips which reveal the emotional passions and physical sensations. In its physical structure, the mouth is the exposed seat of the feelings. All the nerves of the physical sensibilities connect one with the other, and the greater the expanse of the highly sensitive, mem-

branous tissue of the lips  
the more vivid and ardent  
will be the feelings.

Full, red lips are inclined to express their feelings; they accompany a disposition to kiss and to respond to being kissed.

On the other hand, a hollow mouth, with tight, thin, pale lips, is indifferent to kissing, and indicates a disposition not to be trusted too much in matters of affection.

Well-cushioned lips, colored a fresh, cherry-red, are associated with pure blood and general healthfulness,



Suppressed  
Feelings



Impulsive Feelings

and they indicate the affectionate disposition of a fond, companionable nature.

### A Libidinous Mouth

The large mouth, with thick, full lips, shows plainly natural tendencies towards sensuousness. When the lips are compressed and indrawn there is evidence that self-control and mastery of temptation have been exercised. But thick, hanging lips soon become heated with passion and gross with sensual desire.

How noticeable is the difference between the formation of the mouth of a thick, coarse-lipped sensualist and the gracefully moulded lips exhibited by a refined type of affectionate womanhood. And what a contrast is to be seen when we compare the appearance of the mouth of maiden innocence, beautifully flushed with the rosy hue of virginal feelings, with that of the sagging mouth of profligate wantonness, showing lips and teeth stained and discolored with the mucuous discharge so peculiar to the gums of the nocturnal debauchee.

### The Firm Mouth

“A stiff upper lip” denotes fixedness of purpose and a character courageously determined when faced by opposition. Depth of the central line of the upper lip, from the septum of the nose to the teeth, indicates mental concentration and the ability to closely apply oneself to study and work. A close bite of the mouth, one that draws the lips inward, and the mouth outward in a straight line, indicates the capacity to endure pain and hardship. Sympathy and feeling are shown in the softness of the lips; the harder and straighter the middle line of the mouth, the harsher and crueler is the disposi-



tion. Self-control straightens the mouth, but impulsive weakness opens the mouth and protrudes the lips.

### The Weak Mouth

The idle talker is identified by the weak, open mouth, and a face characterized by short, hollow features.

The weakness that loves praise, and responds to the flattery of others, is indicated by a short, upper lip, with the red part lifted up so as to expose the front teeth. When this sign is very noticeable, the owner lives for praise and approval, and attempts in every way to attract attention and favorable appreciation.

### Laughing and Scolding Mouths

A laughing, happy disposition belongs to those faces that show the outer corners of the mouth curved upwards. Grumbling and scolding depress the ends of the lips, and leave behind a "down in the mouth" look of disappointment, unfortunately too common. "A merry heart doeth good like a medicine," says the old Scriptural proverb, and a hearty indulgence in fun and mirth will do much to help those with down-curved mouth corners to laugh gloom and disappointment out of their lives.

## 13.—TYPES OF NOSES

The nose is the most prominent feature of the face, and as an index of character it is easily read. To observe it properly, the nose should be studied in its three dimensions:—firstly, the length from the forehead to its tip; secondly, its width or expansion; and, thirdly, the height of its ridge, or the degree in which it is extended forward from the face.

### The Greek Nose

This nose is typical of art and refinement, and it runs with a clean-cut profile, almost straight from the fore-

head. The ridge is well-elevated, and of good length, and the nostrils and ridge form exhibit delicacy. This nose was the distinguishing feature of the ancient, art-loving Greek, and to-day it is often seen in the faces of those who love beauty and refinement.

### The Subjective and Imperial Types

An undeveloped nose is significant of the childhood of the race or the individual, with characteristics more subjective than positive. Observe how short and flat are the noses of men and women who have been easily subjugated. Is not the baby-like snub the characteristic type of those Ethiopians and Orientals who have been easily dominated? But the bold, high-arching nose, with its imperial crest, distinguishes the conquerors who have established their right to rule by the arbitrament of might. So, if you prefer peace to war, refrain from arousing the ire of the indomitable wearers of the convex, high-ridged nose.

### Up-curving and Down-curving Noses

Much character may be discovered by observing and comparing the profile lines of noses. Just notice if the profile line is hollow or convex, if it is curved upward or arched downward. Be warned, if it is hooked downward, with the vulture-like sign of rapacity drawing the nostrils outward. Common opinion has it that even Scotchmen wearing these acquisitive "Jew" noses are instinctively grasping where dollars and cents are to be gained.



When the ridge of the nose is hollow, with an inverted curve from root to tip, there is usually an enquiring turn of mind. This curiosity should content itself with celestial visions, for when it is too inquisitive after earthly vanities its wearer may find, behind the glitter and glare of allurement, there lurks the greedy moneymaker, ever ready to gather in the spendings of the curious.

### Expression and Nasal Characteristics

Fear opens and expands the nostrils, contemptuous disdain contracts and wrinkles them. Secretiveness may be read in expanded wings of the nostrils when they are drawn in and held closely to the cheeks.

Suspiciousness is seen when the tip of the nose is sharpened and lengthened downward; but a nose end thickened and flattened is often an accompaniment of stupidity and obstinate obtuseness.

The faculty of analysis is seen when the septum of the nose projects below the nostrils. The habit of making critical comparisons seems to affect the muscles of the nose, so as to draw downward the septum. (The septum is the cartilage dividing the nostrils.)

Critical discrimination is seen in a divided tip at the point of the nose. Seemingly, this sign is caused by the side muscles of the nose and cheek drawing downward and backward upon the flanges of the nose, so as to draw each side to itself and show a division at the tip of the septum.

### 14.—CHARACTER IN THE EYES

The eyes have been called looking-glasses, which mirror the purpose and disposition of the soul. And there are many thousands of expressions by means of

which the eyes tell of as many differing thoughts and feelings. Eyes may languish with love, glow with passion, or gleam with hate. They soften with kindness, and melt with pity, but harden with selfishness. They are dulled with gloom and sorrow, but they sparkle with mirth and light up with joy.

To describe all these traits of character is difficult, but very many will suggest themselves after proper observation and consideration.

Even moral character may be revealed in the eyes. Muddy eyes, with "lids red-worsted lined," discover the sensualist, but transparent eyes are often virginal in their purity, reflecting in their orbs the light of spiritual understanding. Byron fittingly describes this contrast:

Give me the eyes of black or blue,  
Ever, round, loving, faithful and true ;  
Heaven's round orb love's vigils keep,  
Half-open optics reveal the brute asleep.

The shape of the eyes differ greatly and the origin of the race of the individual is revealed in a general way by the form of the eyes. Eastern and Semitic races usually show an almond-shaped eye; the Saxon and Teutonic is probably the most symmetrical, showing eyes round but not large; the Mongolian eye is small and oblique, with the inner angle of the eye slanting below the outer; while in the Negro, the eye is round, large and protuberant.

The placing of the eyes varies in their position in the head. When the eyes are far apart, with the root of the nose (Christi Galli) rising high between, there is usually a keen perception of form, shape, outline and contour, with a good visual memory for the recognition of faces, pictures, architecture and landscapes.

When the eyes approach too closely to the nose, the expression is disagreeable and suggestive of a narrow-minded and exclusive self-interest. The eyelids, in the way that they may be opened, add much character to the expression of the eyes. Besides their width or narrowness, they may be short or long, fleshy or thin, smooth or wrinkled. Many eyes owe their beauty to drooping lids, which give an expression of softness and subdued refinement to the face.

The contour of the eyelids, the shape of the commissure between, and every gradation of the curve and thickness of the eyelid, all add expression to the eye and reveal to the observant physiognomist some impression of the working of the inner consciousness.

The eyebrows usually show some growth of hair, which may be abundant or scant, thick or thin, soft and silky, or coarse and bushy. If the eyebrows be erratic, perplexed, contradictory or irritable, so will they give an impression of the corresponding characteristics of the disposition.

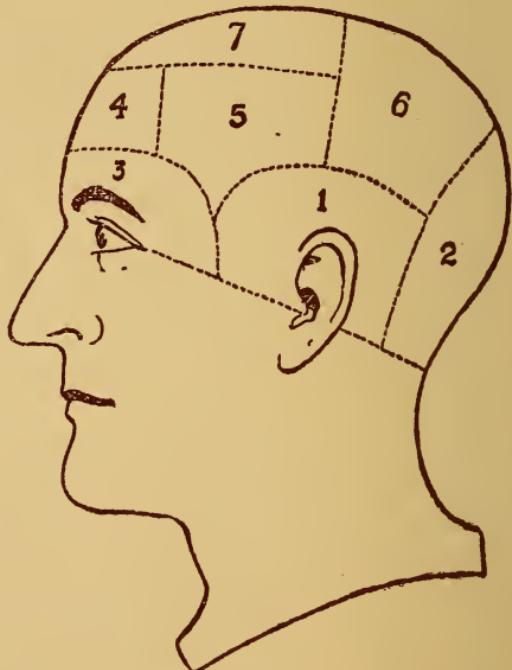
While expressing the true physiognomy of the eyes, Oliver Wendell Holmes reveals, in the following lines, the inner secret by which eyes are made beautiful:

The bright black eye, the melting blue,  
I cannot choose between the two;  
But that is dearest all the while,  
Which wears for me the sweetest smile.

## LESSON 3. Unfoldment of Consciousness and Brain Development.

### The Seven Mental Types

The mental consciousness of the differing units of the human family varies in manifestation, both in degree of power and the nature of its characteristics. Each individual is moulded in a certain way by his own spiritual forces and by the peculiarities of his heredity and environment, as well as by education and experience. The extent in which the mind of a given person differs from all others can be gauged with some degree of accuracy by an observation of the shape and developments of his head. It is because minds differ that there are not two heads alike, and the developments of different types of heads are always as dissimilar as the variations in the characteristics of mental consciousness.



In his primitive beginning, the mind of man was only a little higher than that of the instincts of the higher

animals; at the apex of his development the human mind manifests a consciousness almost god-like and transcendental in its wisdom and power. But between the lower man, limited by his animal-like instincts, and his superior brother, inspired with the consciousness almost divine, there reaches many grades of development, some of them not always easy to trace. As a simple statement, for the purposes of this lesson, a description is here given of seven mental types, corresponding to seven phases of mental unfoldment.

### Mind Activities and Higher Vibrations

But mere size of brain alone is not always significant of great mental power, as the higher the brain unfolds in its nervous development, it becomes more delicately and finely organized. The amount of nerve force in an animal brain is much less relatively than in the human brain, and the activity of the mind in its different phases increases as the consciousness is lifted from a lower to a higher plane.

### GROUP 1.—PRIMARY INSTINCTS

The area associated with the manifestation of the primitive instincts and propensities is distinguished by a short, low head, wide, full, and heavily developed above and around the ears.

In the lowest type of mankind, this region is most developed. The mental consciousness is limited to a manifestation of brutal instincts and selfish propensities. In order to exist, he would depend upon his physical force and cunning, but he would have little power to think and plan. He would lack aspiration and ideals, and he would manifest neither moral ideals nor consideration for the social welfare of others.

At the other extreme, there may be persons well developed in all the other regions of the head, but with narrowness between and around the ears. Such a type would not manifest physical strength and vigor, his disposition would be mild and listless, and he would have little energy or driving power to put things over.

### **GROUP 2.—SEX AND SOCIAL INSTINCTS**

Social and Domestic propensities distinguish the second stage of mental unfoldment, when the activity of the sex and social instincts is indicated by a head wide and full posteriorly, and well extended behind the ears and low down on the neck. In this stage of consciousness the mind loses something of its exclusive selfishness, for through the desires arising out of his social instincts, man's inclinations prompt him to pleasurable attachments, which in turn associate him with his family and community.

Excessive fullness of the back head, developed low down towards the back of the neck, is often a sign of polygamous instinct. But the short back head, rising without fullness from the neck, indicates a solitary and unfriendly disposition, wanting in affectionate warmth and social attractiveness.

Persons with head forms short behind the ears are unfitted to manage people or to work pleasantly with others in associated groups.

### **GROUP 3.—OBJECTIVE CONSCIOUSNESS**

The capacity to gain knowledge from objective perceptions characterizes the third stage of mental unfoldment. This phase is distinguished by a forehead long from the opening of the ears to over the root of the nose. The forehead is well projected over the eyebrows.

In this mental stage, the consciousness is discerning and observant, and the mind is characteristically quick to discover all that can be learned by perception and sensation. Shapes, dimensions, colors, density, arrangement and quantities are quickly noticed, geographical relationships are studied, the passage of time is noticed and sensed, and differences of sound are distinguished and harmonized.

Practical observers, with all their perceptive powers keen and wide-awake, are easily distinguished by the prominence and eagle-like extension of their lower foreheads.

At the other extreme, there are persons with short foreheads, flattened in above the eyes, who, though blinking with owl-like wisdom, see only little of what occurs around them and are too dull to take advantage of the facts and opportunities in their environment.

It is persons with well extended foreheads who will succeed in occupations which demand keen observation and quick perceptions.

#### **GROUP 4.—IDEAS AND CONCEPTS**

The thinking and reasoning powers, which manifest in the fourth stage of mental unfoldment, are indicated by an expansive, well-elevated dome of the upper forehead, the type which is so significantly shown in the heads of all great thinkers and philosophers. Amongst every-day people this type is rare; unfortunately there are very many more people with thick-walled, low-roofed foreheads, who, incapable of reasoning, speak out or act impulsively according to their feelings and prejudices.

In all the higher intellectual pursuits, where it is necessary to think, plan, compare, and analyze as well

as to understand human nature and know how to persuade and act agreeably,—the required type of head should show length and elevation from the ear to the upper forehead. This form of forehead would be high-domed and well expanded.

Parents who have children of a thoughtful, reflective type should not neglect their education, as such children of the "high-brow" development are best fitted for careers where scholarship and education are prerequisites.

#### GROUP 5.—VISION AND INGENUITY

The improving and constructive capacities manifest in the fifth stage of consciousness, when the mind unfolds in artistic imagination or expands with a vision to improve things and make conditions better. The brain form distinguishing this phase of consciousness is full and broadly arched in the region of the forward side head, above and backward of the temples.

The head of the uncivilized savage shows most width between his prominent cheek bones, but from there upwards it slopes and narrows like the gable of a house, right to the crown. Compare this shape with the head of a Stevenson or Edison, and you will understand something of how brain development is an accompaniment to mental evolution and human progression. Instead of the temples flattening in, like those of the savage, the inventors show a spherical fullness of the forward side head, the region which develops as consciousness demands improvements and better conditions.

Fullness of brain within the forward side head is necessary to the mechanic and manufacturer, as well as to the writer or poet. Those without this regional

development lack inventiveness, artistically they are unimaginative, and they have no genius for the contemplation or creation of literature.

### **GROUP 6.—WILL AND EGOISM**

Aspiration, concentration, prudence, self-control, and the will to govern others are manifested in the sixth unfoldment of consciousness. In this stage, there is prudence and circumspection, the ego is self-assertive and ambitious, there is concentrated purposefulness, and the will is positive and determined.

As the will and the self-consciousness of the ego unfold, the type of head form becomes well elevated and expanded in the region of the back crown. This will be seen readily after comparing the heads of self-contained men, who rule and direct the lives of others, with the shape and lack in height of the back crown of those who are always in subordinate positions. In the latter class, the back crown is undeveloped and more or less deficient, and, correspondingly, they are personally servile or in some way incapable of manifesting will and purpose. Thus, the difference between the servile slave and his master is shown in the varying proportions of their brain development, and, even though their conditions were levelled, there would still be many with undeveloped heads who would serve quite willingly the few with self-conscious egoism more highly developed.

### **GROUP 7.—INTUITIVE AND DIVINE CONSCIOUSNESS**

The spiritual and religious forces, as they unfold in the consciousness, develop and elevate the brain in the region of the fore crown, upward and above the temples.

This is the head type of the true priest, or spiritual teacher, who, by reverencing the guiding power of the universe, grows into His likeness and unfolds in His consciousness.

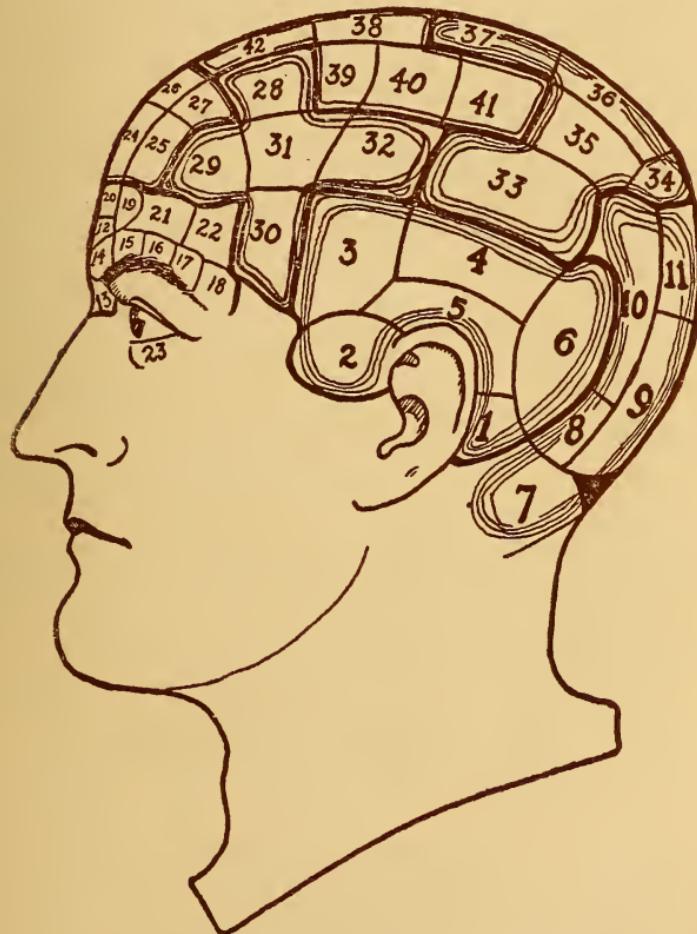
It is by spiritual insight that the mind becomes inspired, and man must lift his soul above material interests and personal attachments before he can open the windows of his consciousness to the vision within, where flow in creative faith and holy guidance.

There are many deficient fore crowns, without development higher than the temples. In these, there is neither reverence for the sacred, nor hope in the eternal, and they often lack spiritual faith and manifest little kindness or consideration for the welfare of others.

A marked pinching and depression of the fore crown show that religion has been neglected, or that selfishness has checked the elevating activities of faith, hope and conscience. A difference in the form of development is at once noticeable when a comparison is made between the heads of those who have devoted their lives to philanthropy, religion, and the cause of righteousness, and of the heads of those whose lives have been dominated by selfishness, passion or crime.

# PSYCHO-CRANIAL CHART

## LOCATING FORTY-TWO CENTRES



### GROUP 1.—PRIMARY INSTINCTS

#### 1. INSTINCT TO LIVE.

Width and prominence immediately behind the ears.

#### 2. INSTINCT OF HUNGER.

Width and fullness in front of the upper part of the ears.  
Rounded cheeks and fleshiness of the lobes of the ear.

- 3. INSTINCT TO ACQUIRE.**  
Breadth and fullness of head about an inch above and forward of the ears. A nose hooked in profile, with wings of nostrils spread out on face.
- 4. INSTINCT TO SECRETE.**  
Fullness and breadth behind and above the top of the ears. Retreating eyes and lips compressedly indrawn.
- 5. INSTINCT TO DO.**  
Wideheaded fullness between the ears. Breadth between the jaws.
- 6. INSTINCT TO DARE.**  
Width and fullness of head behind the top of the ears. An upthrust chin and prominent nose.

### **GROUP 2.—SEX AND SOCIAL INSTINCTS**

- 7. SEX INSTINCT.**  
A full back head, developed low down on the neck. Soft, red full lips, rolled outward and projecting at their centers.
- 8. PAIRING AND MATING INSTINCT.**  
Fullness on either side of the mid back head. Wide opening of the eye commissures, with the round or "dove-shaped" eye.
- 9. PARENTAL INSTINCT.**  
A full back head, well extended posteriorly from the top of the ears, and moist lips well pursed at their centers.
- 10. GREGARIOUS INSTINCT.**  
Full back head, broadened out where it rounds out to the side head, on a line above top of ears. Lines across red part of lips, face suffused with glow of warmth.
- 11. INSTINCT TO SETTLE IN ONE PLACE.**  
Back head well elevated perpendicularly. Vertical lines on a long upper lip.

### **GROUP 3.—OBJECTIVE CONSCIOUSNESS**

- 12. ATTENTION AND DETAIL PERSPICACITY.**  
Fullness and prominence over the root of the nose. Inner corners of the eyes flexing downwards.
- 13. PERCEPTION OF FORM AND CONTOUR.**  
Width and projection between the eyes. A Grecian profile, with the root of the nose elevated so as to form a straight line from the forehead.
- 14. PERCEPTION OF SIZE.**  
Fullness of the eyebrow bone, either side of the root of the nose.

15. **PERCEPTION OF WEIGHT.**  
Prominence and fullness just above the middle of each eye.
16. **PERCEPTION OF COLOR.**  
A curving and forward arching of the middle of the eyebrow.
17. **PERCEPTION OF ORDER.**  
Eyebrows somewhat square and projecting at their outer curves.
18. **PERCEPTION OF NUMBERS.**  
Downward extension of external eye corners, expanding towards width of head.
19. **PERCEPTION OF LOCALITIES.**  
Prominence and fullness just above the inner corners of the eye.
20. **PERCEPTION OF EVENTS.**  
Fullness and expansion of mid forehead, centrally between root of nose and hair line.
21. **SENSE OF TIME.**  
Fullness and expansion of mid forehead line, over centers of eyebrows.
22. **SENSE OF TUNE.**  
Fullness and expansion of mid forehead line where it curves off above eyebrow corners.
23. **SENSE OF WORD EXPRESSION.**  
Weight of brain on orbital plates over eyeball. Fullness beneath the eye and eyeballs pressed downward.

#### **GROUP 4.—IDEAS AND CONCEPTS**

24. **IDEALS OF CONTRAST AND COMPARISON.**  
Upper forehead center prominent on median line. An extended and divided nose tip.
25. **IDEAS OF CAUSE AND EFFECT.**  
Upper forehead massively expanded. Long wings to nostrils.
26. **CONCEPTS OF HUMAN NATURE.**  
A high forehead perpendicularly elevated on its median line. A nose tip sharpened and extended beyond the septum.
27. **AGREEABLE AND PERSUASIVE CONCEPTS.**  
A full arching upper forehead. Pleasant play of the chin muscles.

#### **GROUP 5.—VISION AND INGENUITY**

28. **IMITATIVE IMAGERY.**  
Full outer corners of expanded upper forehead. Mobility of facial muscles.

29. **MIRTHFUL IMAGERY.**  
Roundness to the sides of the upper forehead. Elevated mouth corners with lines wrinkling upward and outward.
30. **CONSTRUCTIVE INGENUITY.**  
Squareness and breadth at the temples.
31. **IDEALISTIC IMAGERY.**  
Side head arched out behind and over temples. Symmetry and refinement of features.
32. **IMAGERY OF THE SUBLIME.**  
Expansion at the middle of the upper side head. Large, wonder-looking eyes.

### GROUP 6.—WILL AND EGOISM

33. **INHIBITORY CAUTION.**  
Width at the top and back corners of the side head. Drawing up the outer corners of the under eyelids and an apprehensive sensitiveness to the wings of the nostrils.
34. **EGOISTIC CONCENTRATION.**  
Posterior expansion and perpendicular elevation at the crown where it curves to the back head. A long top lip, down drawn over front teeth.
35. **WILL TO DESERVE WELL.**  
Full arching of the back crown, where it arches to the side head. Pouting upper lip which exposes the front teeth.
36. **EGOISM AND SELF-RESPECT.**  
A high back crown. Lower lip extended upward and pouting outward.
37. **WILL TO RESIST.**  
Head well elevated at crown, perpendicularly from ears. A stiff upper lip and long jaws.

### GROUP 7.—INTUITITIONAL AND DIVINE CONSCIOUSNESS

38. **CONSECRATION AND HOLINESS.**  
Elevation of the center of the fore crown. Devotional upturning of eyes.
39. **PSYCHIC FAITH AND INTUITION.**  
Broadly arched fore crown.
40. **HOPEFUL CONSCIOUSNESS OF FUTURITY.**  
A highly arched side head, a bright expression and face lines expanding upward and outward.
41. **CONSCIENTIOUSNESS AND JUSTICE.**  
Breadth and fullness of the crown above the ears.
42. **LOVE OF OTHERS.**  
Height and elevation of the fore crown.



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